BLADEZ®

E500

OWNER'S MANUAL

Important: Read all instructions carefully before using this product. Retain this owner's manual for future reference.

FOR SERVICE PLEASE CONTACT BLADEZ FITNESS
TOLL FREE: 866-325-2339

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BLADEZ®

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CONGRATULATIONS

Congratulations on your purchase of Bladez Fitness equipment. We hope you appreciate the style, quality, and value that exercisers around the world have come to expect from Bladez Fitness.

If you have any questions, concerns or product issues please call our Customer Service Team at 1-866-325-2339 or email us at CustomerSupport@BHNorthAmerica.com.

Carefully read through the instructions contained in this manual. They provide you with important information about assembly, safety, fitness and use of the machine. Please read ALL the safety information contained on the following page.

WARNING LABELS

⚠WARNING
⚠AVERTISSEMENT

- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- Pedals continue to spin when you stop pedaling.
- Spinning pedals can cause injury.
- Reduce pedal speed in a controlled manner.
- User weight must not exceed 330 lbs/150 kgs.
- This products should always be used on a level surface.
- This product is not intended for therapeutic use.
- Replace label if damaged, illegible or removed.
- Keep body and clothing free and clear of all moving parts.
- The heart rate displayed may be inaccurate and should be used for reference only.
- Consult a physician prior to using any exercise equipment.
- La mauvaise utilisation de cet appareil peut entrainer des blessures graves.
- lisez le manuel de l'utilisateur avant utilisation et suivez tous les avertissements et les instructions.
- Ne permettez pas aux enfants de se tenir sur ou autour de l'appareil.
- Le poids de l'utilisateur ne devrait pas excéder 150.
- Cet appareil doit toujours etre utilisé sur une surface plane.
- Ne pas faire usage à des fins thérapeutiques.
- Les pédals continuent de tourner guand vous arrêtez de pédaler.
- Les pedals en mouvement peuvent causer des blessures.
- Réduisez la vitesse des pédales d'une manière contrôlee.
- Remplacez l'autocollant s'il est endommagé, illisible ou manquant.
- Garder le corps et les vêtements, libre et éloigner de toutes les pièces mobiles.
- La fréquence cardiaque démontré peut être inexacte et doit être utiliser a titre de référence seulement.
- Consulter un médecin avant d'utiliser tout équipement d'exercice.

⚠WARNING
⚠AVERTISSEMENT

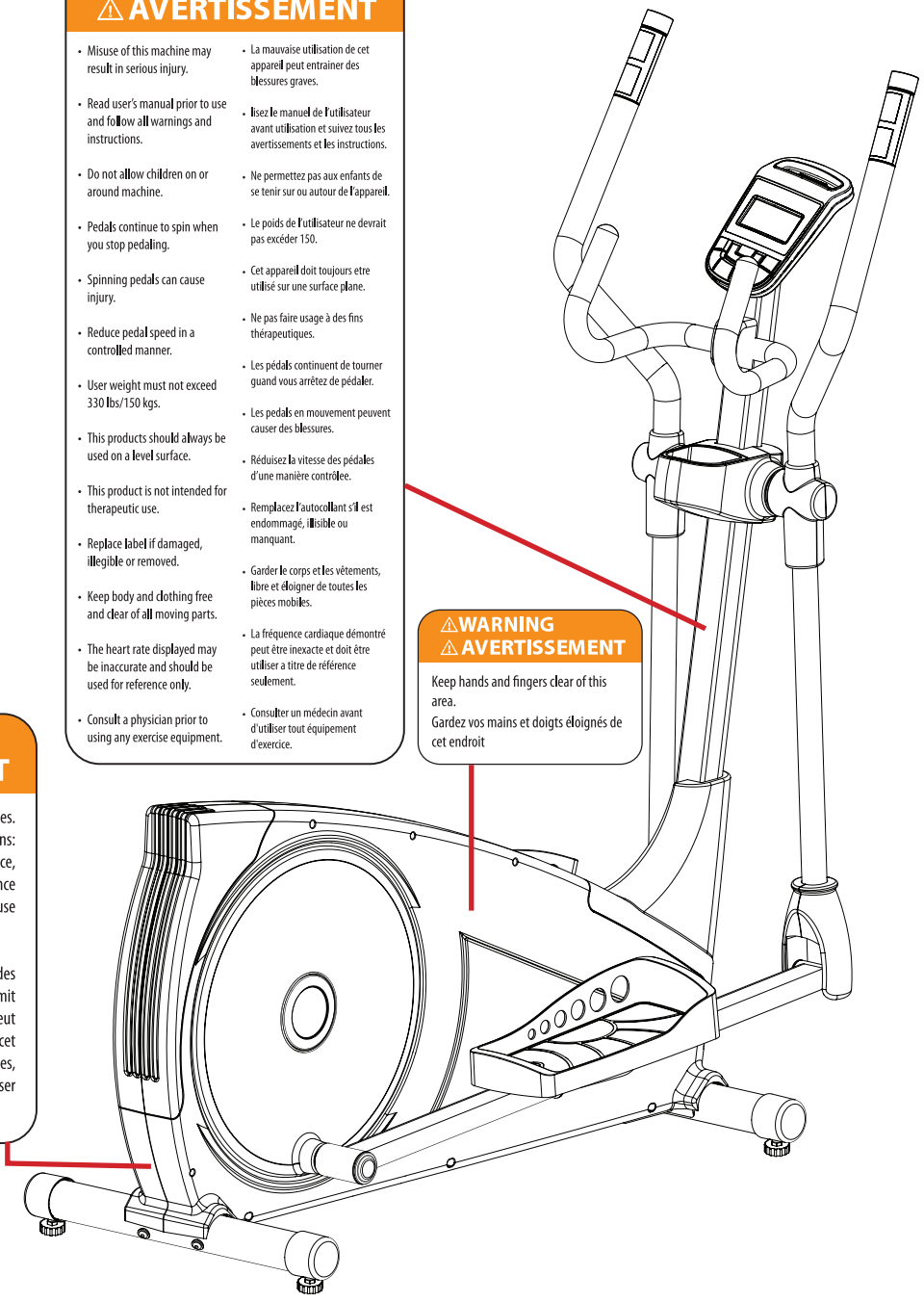
Keep hands and fingers clear of this area.

Gardez vos mains et doigts éloignés de cet endroit

⚠WARNING
⚠AVERTISSEMENT

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Cet appareil conforme avec Article 15 des règlements de FCC. Le fonctionnement est soumit au 2 conditions suivantes: (1) Cet appareil ne peut pas causer des interférences nuisible, et (2) cet appareil doit accepter toutes les interférence reçues, y compris les interférences qui peuvent causer l'opération indésirable.



SAFETY INFORMATION

PRECAUTIONS

This equipment has been designed and constructed to provide maximum safety. Nevertheless, certain precautions should be taken when using exercise equipment. Read the whole manual before assembling and using the machine. Please observe the following safety precautions:

1. Keep children and pets away from this equipment at all times. DO NOT leave them unsupervised in the room where the machine is kept.
2. If you experience dizziness, nausea, chest pains or any other symptom while using this machine STOP the exercise. SEEK IMMEDIATE MEDICAL ATTENTION!
3. Use the machine on a level and solid surface. Adjust the feet for stability.
4. Keep your hands away from any of the joints and moving parts.
5. Wear clothing suitable for doing exercise. Do not wear baggy clothing that might get caught in the machine. Always wear athletic shoes when using the machine and tie the laces securely.
6. This machine must only be used for the purposes described in this manual. DO NOT use accessories that are not recommended by Bladez Fitness. Read manual prior to use and follow all warnings and instructions.
7. Do not place sharp objects near the machine.
8. Any person with physical or coordination limitations should not use the machine without the assistance of a qualified person or doctor. Misuse of this machine may result in serious injury.
9. Do warm-up stretching exercises before using the equipment.
10. Do not use the machine if it is not working correctly.
11. Before using the machine, thoroughly inspect the equipment for proper assembly.
12. Keep a perimeter of 3 feet (1 meter) around the machine before operating the equipment.
13. Use only authorized and trained technicians if a repair is needed.
14. Please follow the advice for correct training, as detailed in the Training Guidelines.
15. Use only the tools provided to assemble this machine.
16. Replace warning labels if damaged, illegible or removed.
17. This machine was designed for a maximum user weight of 330 lbs (150 kgs)
18. The machine can only be used by one person at a time.

Caution: Consult your doctor before beginning to use the machine or any exercise program. Read all of the instructions before using any exercise equipment.

KEEP THESE INSTRUCTIONS SAFE FOR FUTURE USE.

NOTE: This equipment has been tested and found to comply with the limits for Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide a reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna
- Increase the separation between the equipment and the receiver
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected
- Consult the dealer or an experienced radio/TV technician for help

EXERCISE INSTRUCTION

Use of the machine offers various benefits; it can improve fitness, muscle tone and when used in conjunction with a calorie controlled diet, it can help you lose weight.

1. Consult your doctor before starting any exercise program. It is advisable to undergo a complete physical examination.
2. Work at the recommended exercise level. Do not over exert yourself.
3. If you feel any pain or discomfort, stop exercising immediately and consult your doctor.
4. Wear appropriate clothing and footwear for the exercise; do not wear loose clothing; do not wear leather soled shoes or footwear with high heels.
5. It is advised that you do warm-up stretches before working out.
6. Get on the equipment slowly and securely.
7. Select the program or workout option that is most closely aligned with your workout interests.
8. Start slowly and work your way up to a comfortable pace.
9. Be sure to cool down after your workout.

TRAINING GUIDELINES

Exercise is one of the most important factors in the overall health of an individual. Listed among its benefits are:

- Increased capacity for physical work (strength endurance)
- Increased cardiovascular (heart and arteries/veins) and respiratory efficiency
- Decreased risk of coronary heart disease
- Changes in body metabolism, e.g. losing weight
- Delaying the physiological effects of age
- Reduction in stress, increase in self-confidence, etc.

There are several components of physical fitness and each is defined below.

STRENGTH
The capacity of a muscle to exert a force against resistance. Strength contributes to power and speed.

MUSCULAR ENDURANCE
The capacity to exert a force repeatedly over a period of time, e.g. it is the muscular endurance of your legs to carry you 10 km without stopping.

FLEXIBILITY
The range of motion of your joints. Improving flexibility involves the stretching of muscles and tendons to maintain or increase suppleness, and it provides increased resistance to muscle injury or soreness.

CARDIO-RESPIRATORY ENDURANCE
The most essential component of physical fitness. It is the efficient functioning of the heart and lungs.

AEROBIC FITNESS
Is an exercise of relatively low intensity and long duration, which depends primarily on the aerobic energy system. Aerobic means "with oxygen", and refers to the use of oxygen in the body's metabolic or energy-generating process. Many types of exercise are aerobic, and by definition are performed at moderate levels of intensity for extended periods of time.

ANAEROBIC TRAINING
Is an exercise intense enough to trigger anaerobic metabolism. This means “without oxygen” and is the output of energy when the oxygen supply is insufficient to meet the body’s long term energy demands. (For example, a 100 meter sprint.)

OXYGEN UPTAKE
The effort that you can exert over a prolonged period of time is limited by your ability to deliver oxygen to the working muscles. Regular vigorous exercise produces a training effect that can increase your aerobic capacity by as much as 20 to 30%. An increased VO2 Max indicates an increased ability of the heart to pump blood, of the lungs to ventilate oxygen, and of the muscles to take up oxygen.

THE TRAINING THRESHOLD
This is the minimum level of exercise which is required to produce significant improvements in any physical fitness parameter.

OVERLOAD
This is where you exercise above your comfort level. The intensity, duration and frequency of exercise should be above the training threshold and should be gradually increased as the body adapts to the increasing demands. As your fitness level improves, the training threshold should rise. Working through your program and gradually increasing the overload factor is important.

PROGRESSION
As you become more fit, a higher intensity of exercise is required to create an overload and therefore provide continued improvement.

SPECIFICS
Different forms of exercise produce different results. The type of exercise that is carried out is specific to the muscle groups being used and to the energy source involved. There is little transfer of the effects of exercise, i.e. from strength training to cardiovascular fitness. That is why it is important to have an exercise program tailored to your specific needs.

REVERSIBILITY
If you stop exercising or do not do your program often enough, you will lose the benefits you have gained. Regular workouts are the key to success.

WARM-UP
Every exercise program should start with a warm-up where the body is prepared for the effort to come. It should be gentle and preferably use the muscles group to be involved later. Stretching should be included in both your warm-up and cool down, and should be performed after 3-5 minutes of low intensity aerobic activity or calisthenic type exercise.

WARM DOWN OR COOL DOWN
This involves a gradual decrease in the intensity of the exercise session. Following exercise, a large supply of blood remains in the working muscles. If it is not returned promptly to the central circulation, pooling of blood may occur in the muscles.

HEART RATE

As you exercise, your heart beat increases. This is often used as a measure of the required intensity of an exercise. You need to exercise hard enough to condition your circulatory system, and increase your pulse rate, but not enough to strain your heart.

Your initial level of fitness is important when developing an exercise program for you. When starting, you can get a good training effect with a heart rate of 110-120 beats per minute (BPM). If you are more fit, you will need a higher threshold of stimulation.

To begin with, you should exercise at a level that elevates your heart rate to about 65 to 70% of your maximum. If you find this is too easy, you may want to increase it, but it is better to lean on the conservative side.

As a rule of thumb, the maximum heart rate is 220 minus your age. As you increase in age, your heart, like other muscles, loses some of its efficiency. Some of its natural loss is won back as fitness improves. The following table is a guide to those who are "starting fitness."

Age Target Heart Rate	25	30	35	40	45	50	55	60	65
10 Second Count	23	22	22	21	20	19	19	18	18
Beats per Minute	138	132	132	126	120	114	114	108	108

PULSE COUNT

The pulse count (on your wrist or carotid artery in the neck, taken with two index fingers) is done for ten seconds, taken a few seconds after you stop exercising. This is for two reasons: (a) 10 seconds is long enough for accuracy, (b) the pulse count is to approximate your BPM rate at the time you are exercising. Since heart rate slows as you recover, a longer count isn't as accurate.

The target is not a magic number, but a general guide. If you're above average with your fitness, you may work comfortably a little above that suggested for your age group. The following table is a guide.

Age Target Heart Rate	25	30	35	40	45	50	55	60	65
10 Second Count	26	26	25	24	23	22	22	21	20
Beats per Minute	156	156	150	144	138	132	132	126	120

Don't push yourself too hard to reach the figures on this table. It can be very uncomfortable if you over exercise. Let it happen naturally as you work through your program. Remember, the target is a guide, not a rule, a little above or below is just fine.

Two final comments: (1) don't be concerned with day to day variations in your pulse rate, being under pressure or not enough sleep can affect it; (2) your pulse rate is a guide, don't become a slave to it.

MUSCLE SORENESS

For the first week or so, muscle soreness may be the only indication you have that you are on an exercise program. This, of course, does depend on your overall fitness level. A confirmation that you are on the correct program is a very slight soreness in most major muscle groups. This is quite normal and will disappear in a matter of days.

If you experience major discomfort, you may be on a program that is too advanced, or you have increased your program too rapidly.

If you experience PAIN during or after exercise, your body is telling you something. Stop exercising and consult your doctor.

WHAT TO WEAR

Wear clothing that will not restrict your movement in any way while exercising. Clothes should be light enough to allow the body to cool. Excessive clothing that causes you to perspire more than you normally would gives you no advantage. The extra weight you lose is body fluid and will be replaced with the next glass of water you drink. Always wear athletic shoes.

BREATHING DURING EXERCISE

Do not hold your breath while exercising. Breathe normally as much as possible. Remember, breathing involves the intake and distribution of oxygen, which feeds the working muscles.

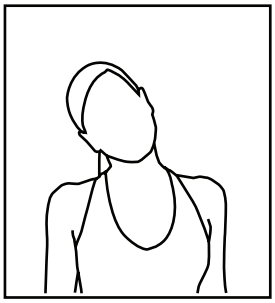
REST PERIODS

Once you start your exercise program, you should continue through to the end. Do not break off halfway through and then restart at the same place later on without going through the warm-up stage again. The rest period required between exercises may vary from person to person.

SUGGESTED STRETCHES

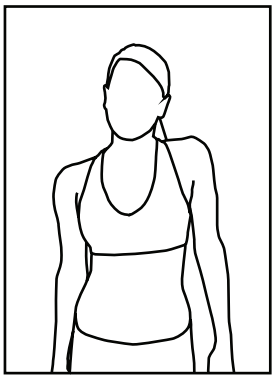
Head Rolls

Rotate your head to the right for one count while feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



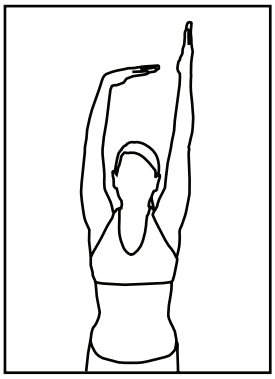
Shoulder Lifts

Lift your left shoulder up toward your ear for one count. Then lift your right shoulder up for one count as you lower your left shoulder.



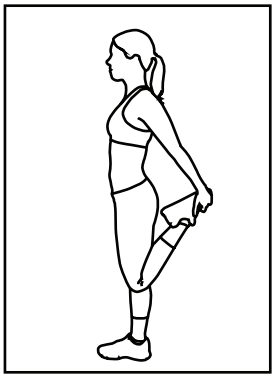
Side Stretches

Open your arms to the side and continue lifting them until they are over your head. Reach your left arm as far upward as you can for one count. Feel the stretch up your left side. Repeat this action with your right arm.



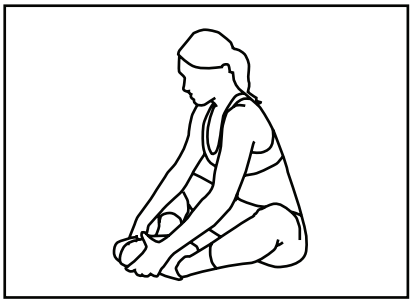
Quadriceps Stretch

With one hand against a wall for balance, reach behind you and pull your left foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with right foot up.

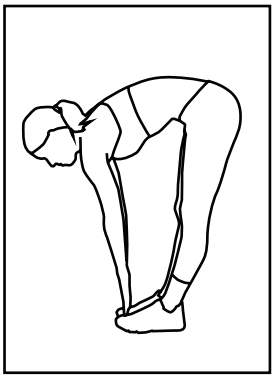


SUGGESTED STRETCHES

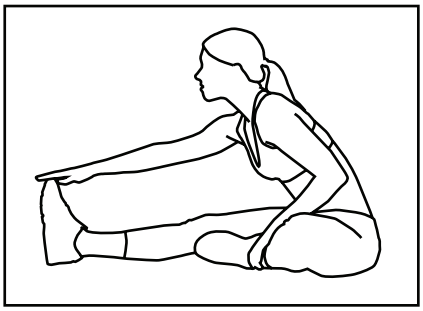
Inner Thigh Stretch
Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.



Toe Touches
Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.



Hamstring Stretches
Sit with your right leg extended. Rest the soles of your left foot against your right inner thigh. Stretch toward your toes as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.



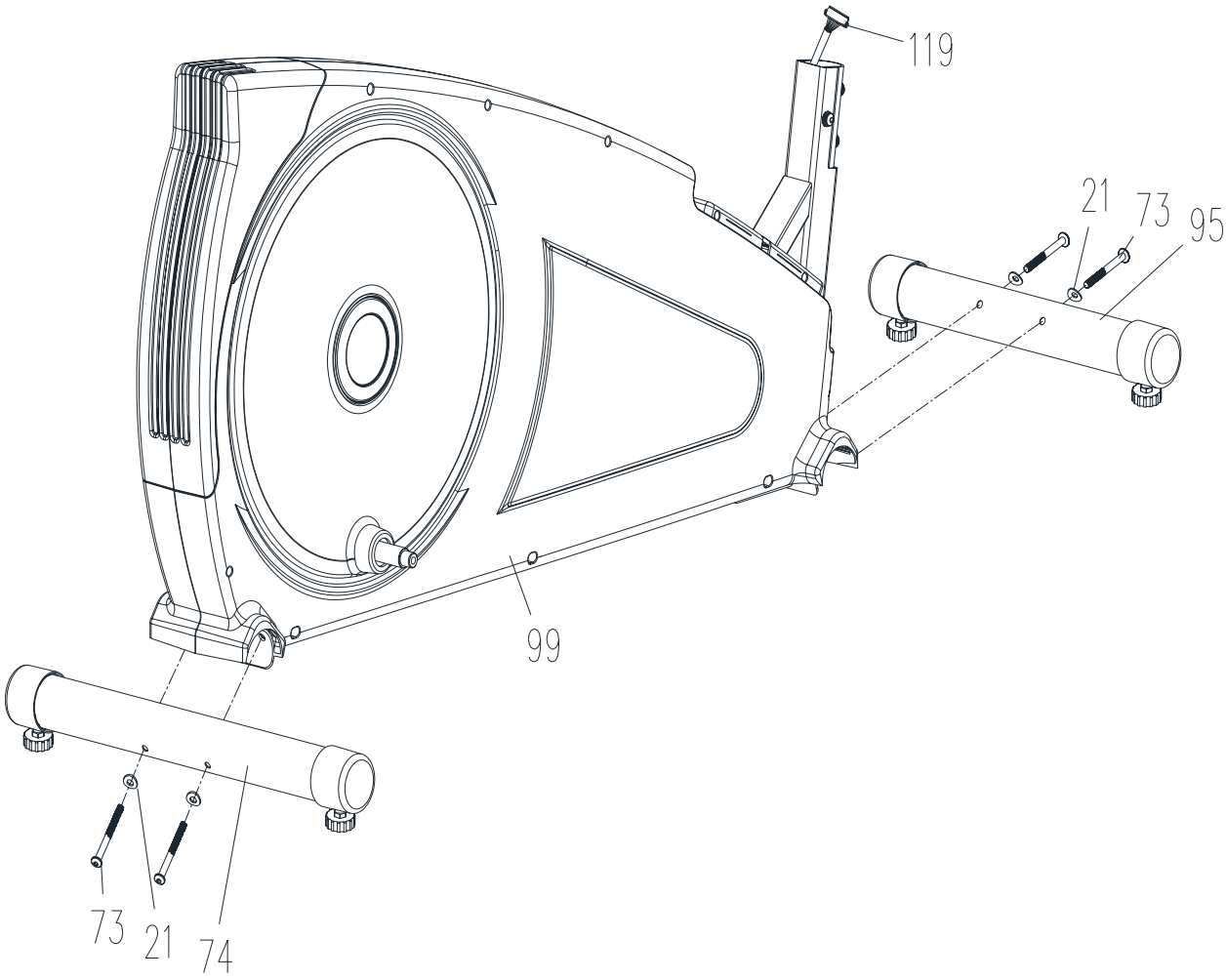
Calf/Achilles Stretches
Lean against a wall with your right leg in front of the left and your arms forward. Keep your left leg straight and the right foot on the floor; then bend the right leg and lean forward by moving your hip toward the wall. Hold, then repeat on the other side for 15 counts.

ASSEMBLY INSTRUCTIONS

STEP 1

1) Fasten the Front Stabilizer (95) with 2 Curved Washers (21) and 2 Allen Bolts (73) to the underside of Stabilizer and tighten.

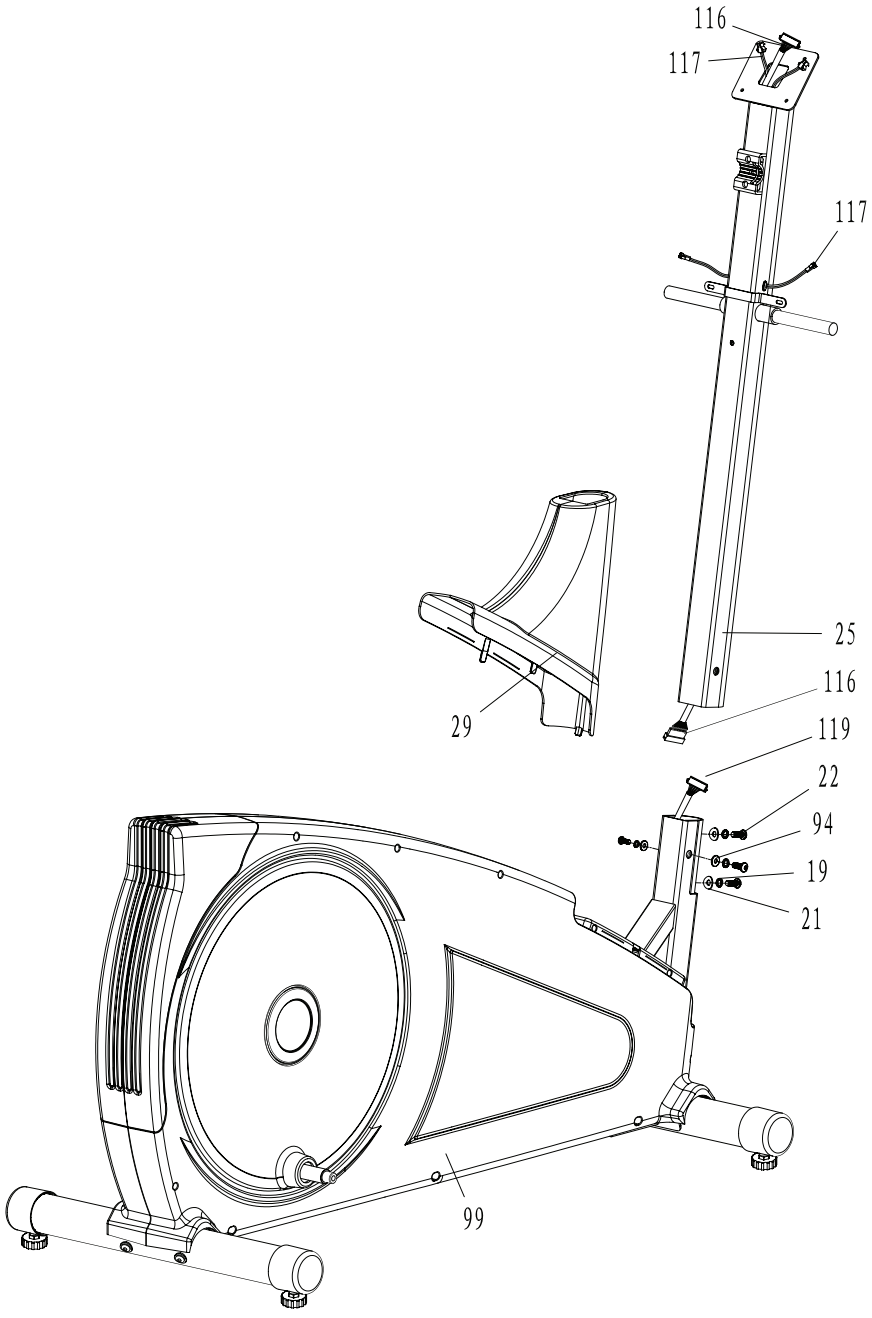
2) Fasten the Rear Stabilizer (74) with 2 Curved Washers (21) and 2 Allen Bolts (73) to the underside of stabilizer and tighten.

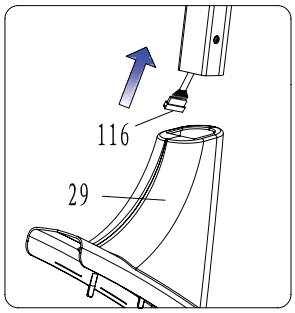


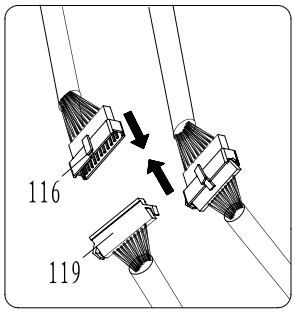
STEP 2

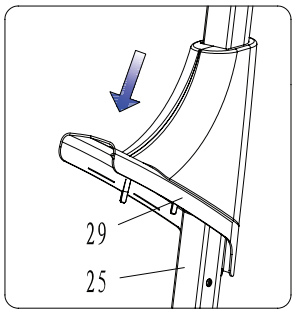
1) Remove the pre-assembled 4 Allen Bolts (22), 4 Spring Washers (19), 2 Curved Washers (21) and 2 Flat Washers (94). Lift the Handlebar Post (25) until it is vertical and slide on the Front Protection Cover (29), connect the Upper Computer Cable (116) with the Lower Computer Cable (119),

2) Attach the Handlebar Post (25) onto the Main Frame (99) and secure it with 4 Allen Bolts (22), 4 Spring Washers (19), 2 Curved Washers (21) and 2 Flat Washers (94).







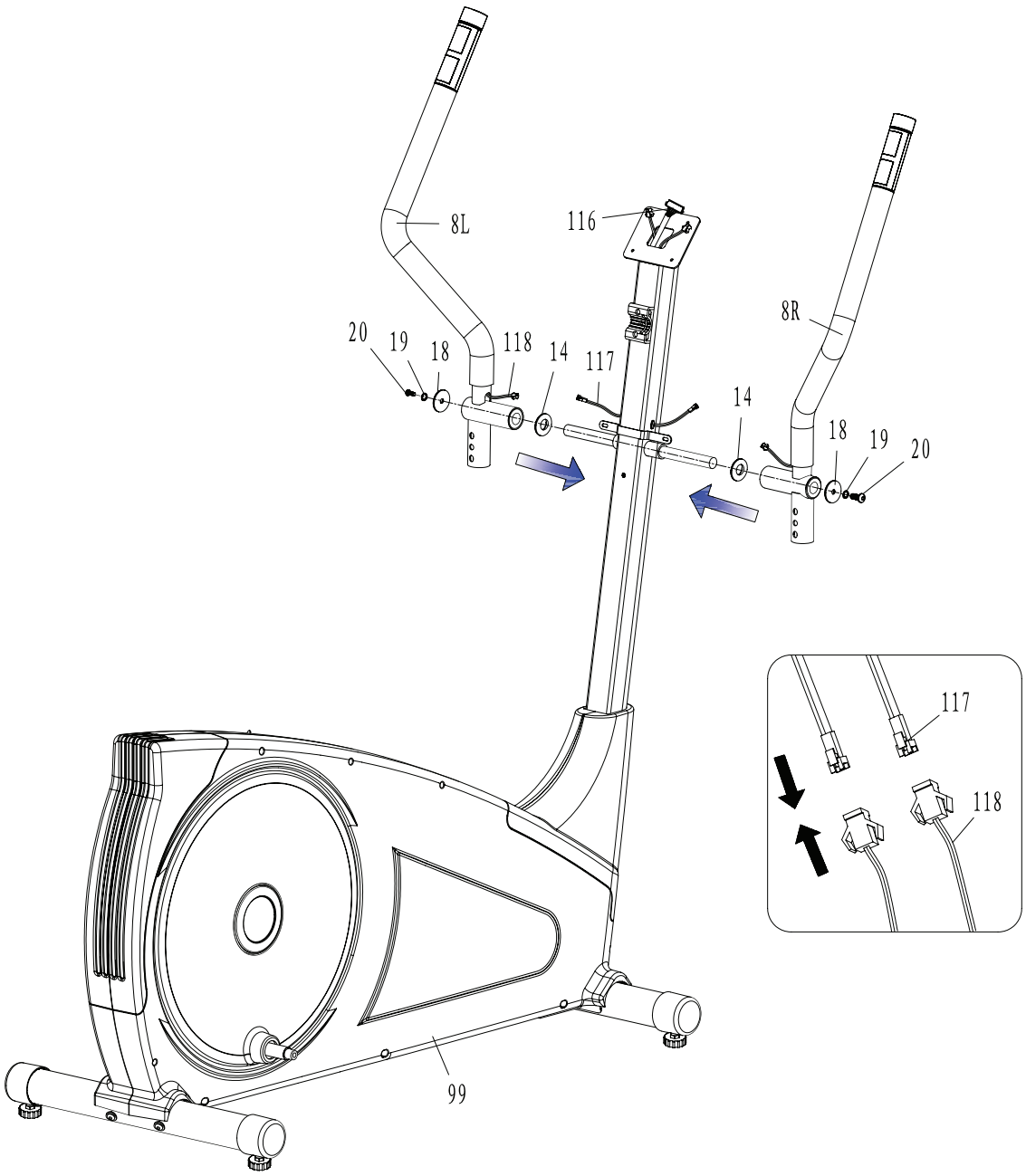


STEP 3

1) Remove the pre-assembled 2 Flat Washers (14), 2 Flat Washers (18), 2 Spring Washers (19) and 2 Allen Bolts (20).

2) Slide the Upper Handlebar (8L+R) onto rotation rod and secure it using the Flat Washer (14), Flat Washer (18), Spring Washer (19) and Allen Bolt (20) for each side.

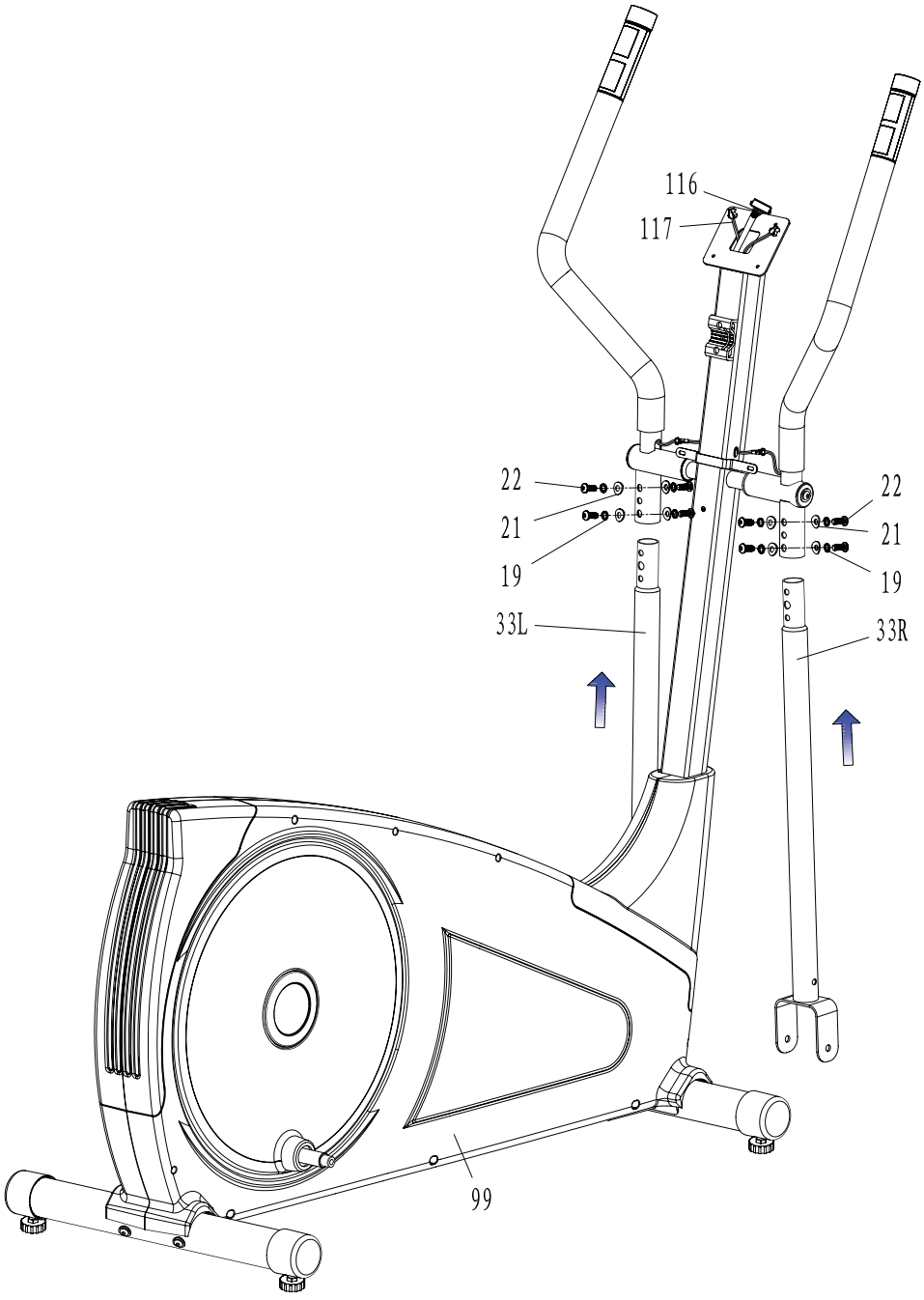
3) Connect the Middle Hand Pulse Cable (118) with Hand Pulse Cable (117).



STEP 4

1) Slide the right Lower Handlebar (33R) into the right Upper Handlebar (8R), fasten it using 4 Allen Bolts (22), 4 Spring Washers (19) and 4 Curved Washers (21).

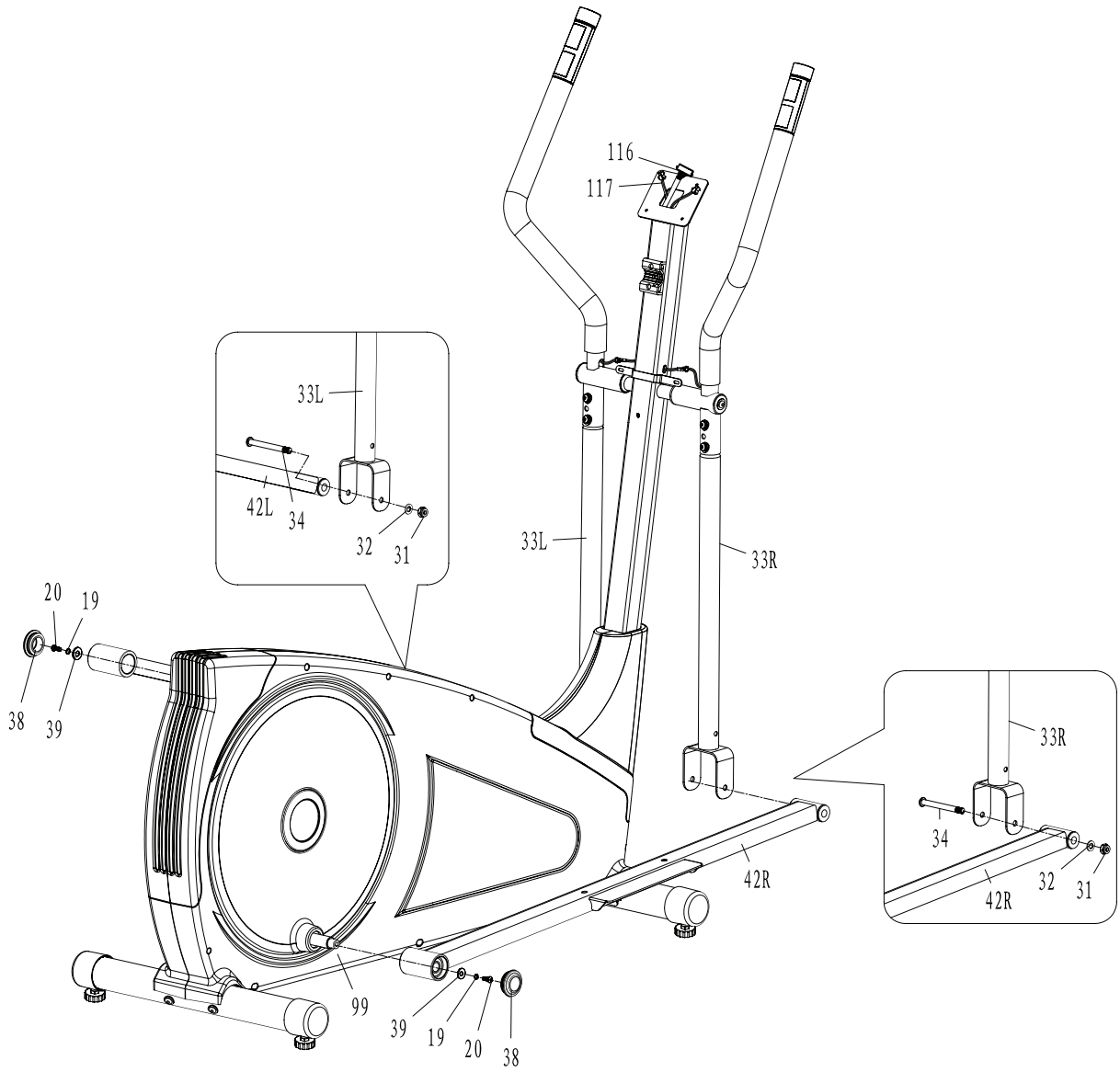
2) Slide the left Lower Handlebar (33L) into the left Upper Handlebar (8L), fasten it using 4 Allen Bolts (22), 4 Spring Washers (19) and 4 Curved Washers (21).



STEP 5

1) Connect the left Side Rail (42L) with the left Lower Handlebar (33L) using Allen Bolt (34), Flat Washer (32) and nylon Nut (31).

2) Attach the left Side Rail (42L) onto the left crank and secure it with the Flat Washer (39), Spring Washer (19) and Allen Bolt (20). Do the same for the right Pedal Bar (42R). Put the 2 crank End Caps (38) onto the left and right crank.



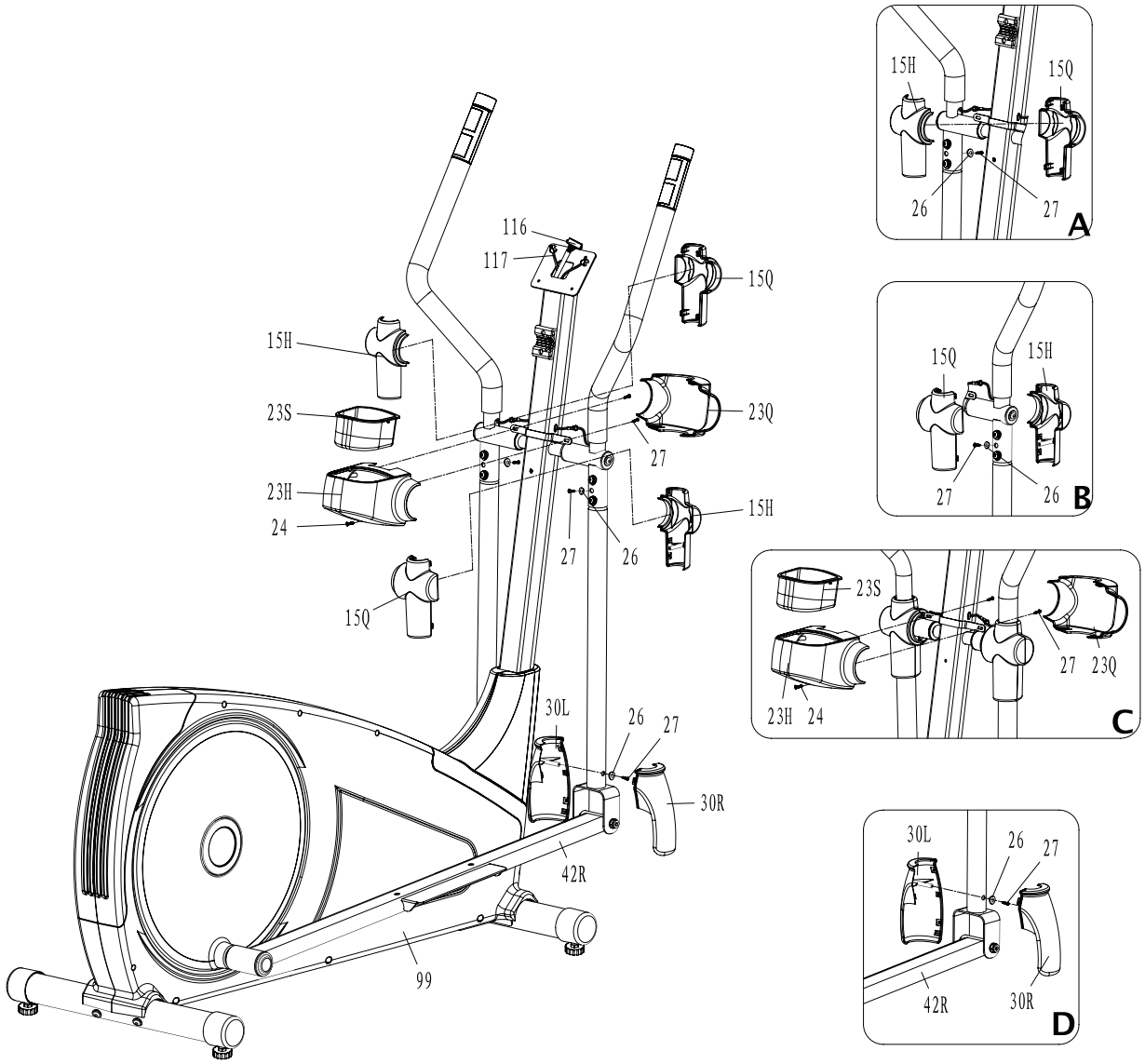
STEP 6

1) Attach the plastic Cover (15H) and plastic Cover (15Q) onto the left Handlebar using Curved Washer (26) and Screw (27) as show in A.

2) Attach the plastic Cover (15H) and plastic Cover (15Q) onto the right Handlebar using Curved Washer (26) and Screw (27) as shown in B.

3) Attach the plastic Cover (23H) and (23Q) onto the Handlebar Post using Screw (24) and 2 Self-tapping Screws (27) as as shown in C. Put the Water Bottle Holder (23S) into the plastic Cover (23H).

4) Attach the plastic Cover (30L +R) onto the right Side Rail (42R) using Curved Washer (26) and Screw (27) as shown in D. Do the same for the left Side Rail.



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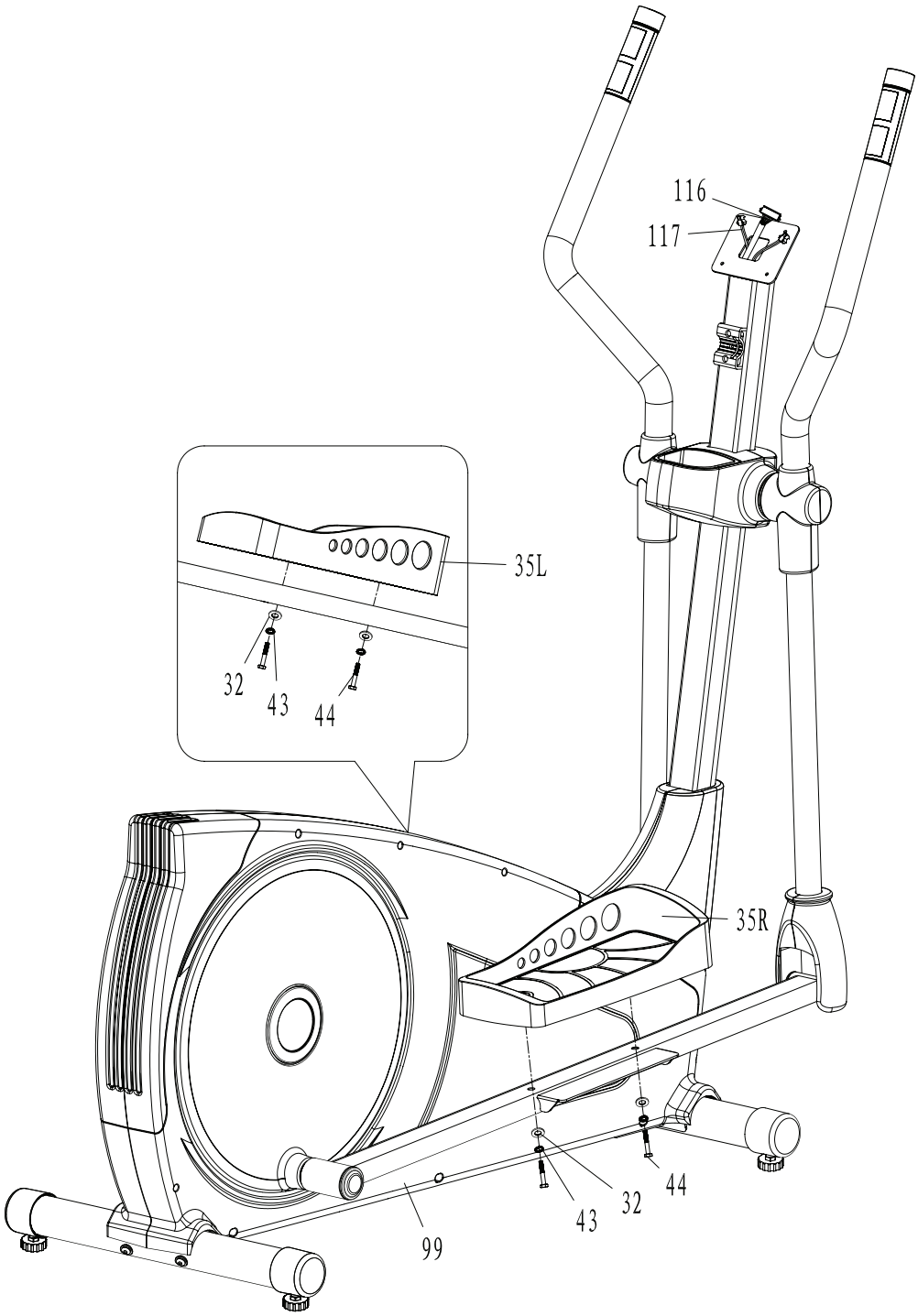
STEP 7

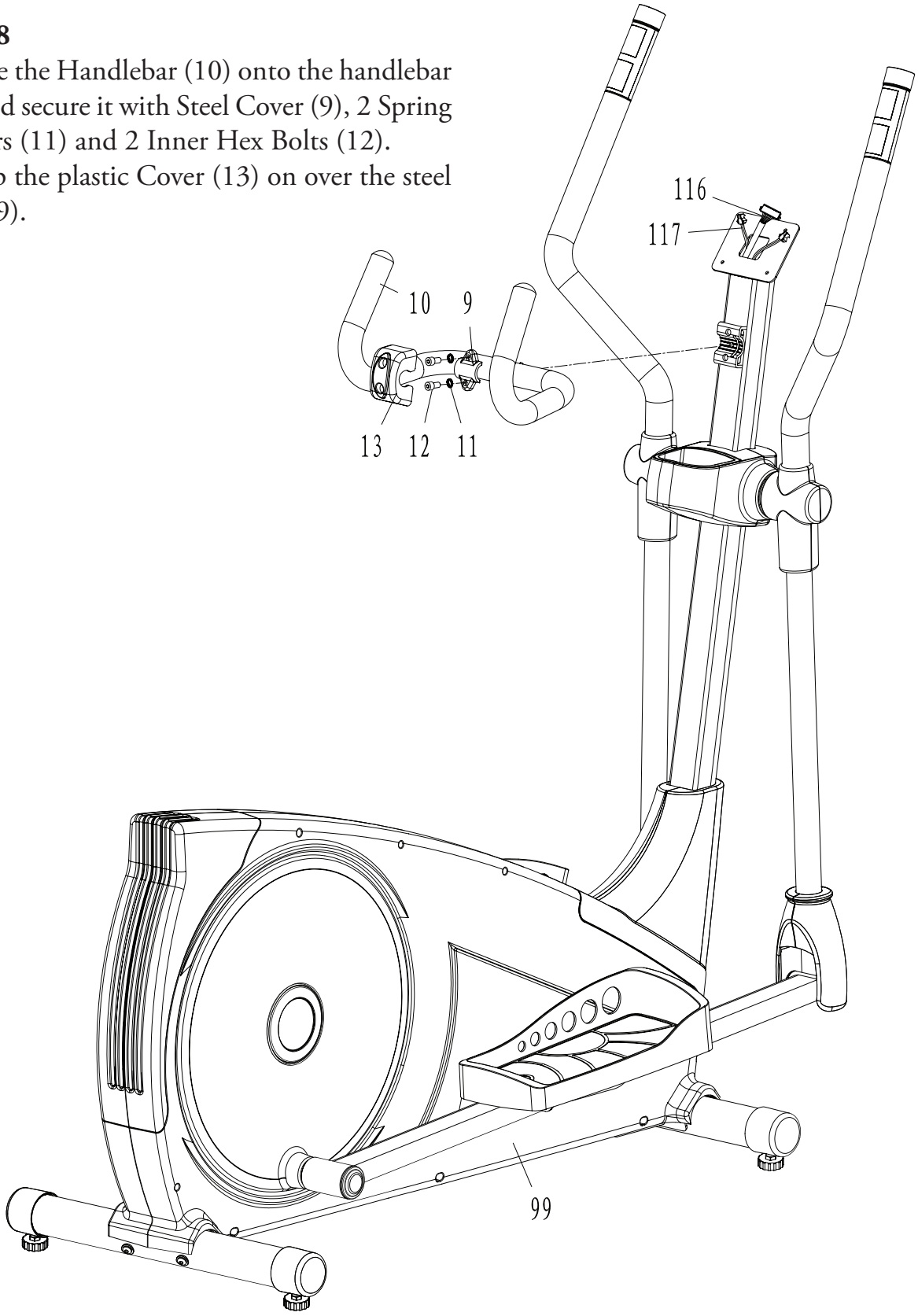
Attach the right Footplate (35R) onto the right Side Rail (42R) and secure it with 2 Flat Washers (32), 2 Spring Washers (43), 2 Bolts (44).

2) Do the same for the left Footplate (35L).



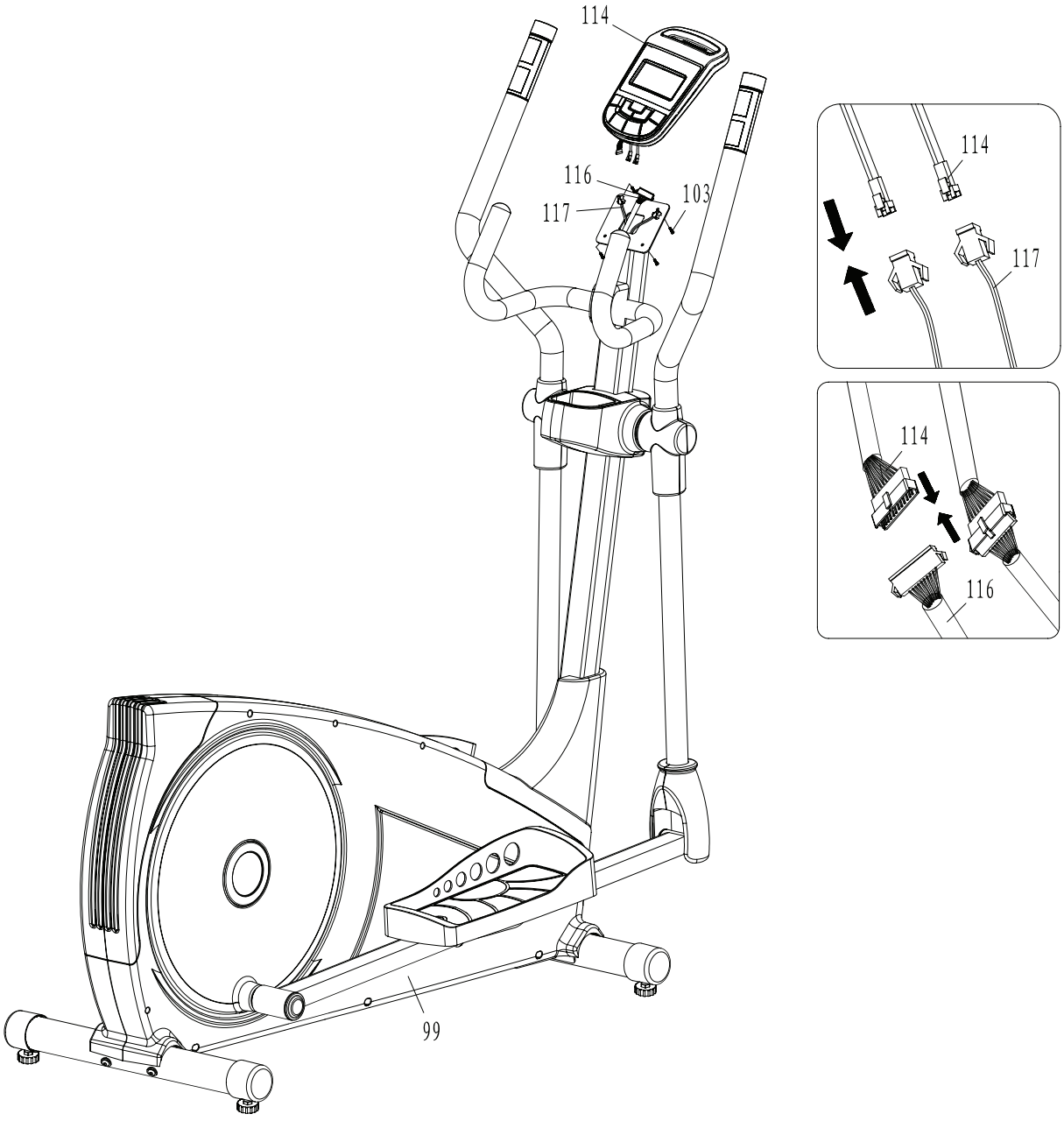
STEP 8

1) Place the Handlebar (10) onto the handlebar post and secure it with Steel Cover (9), 2 Spring Washers (11) and 2 Inner Hex Bolts (12).
2) Snap the plastic Cover (13) on over the steel cover (9).

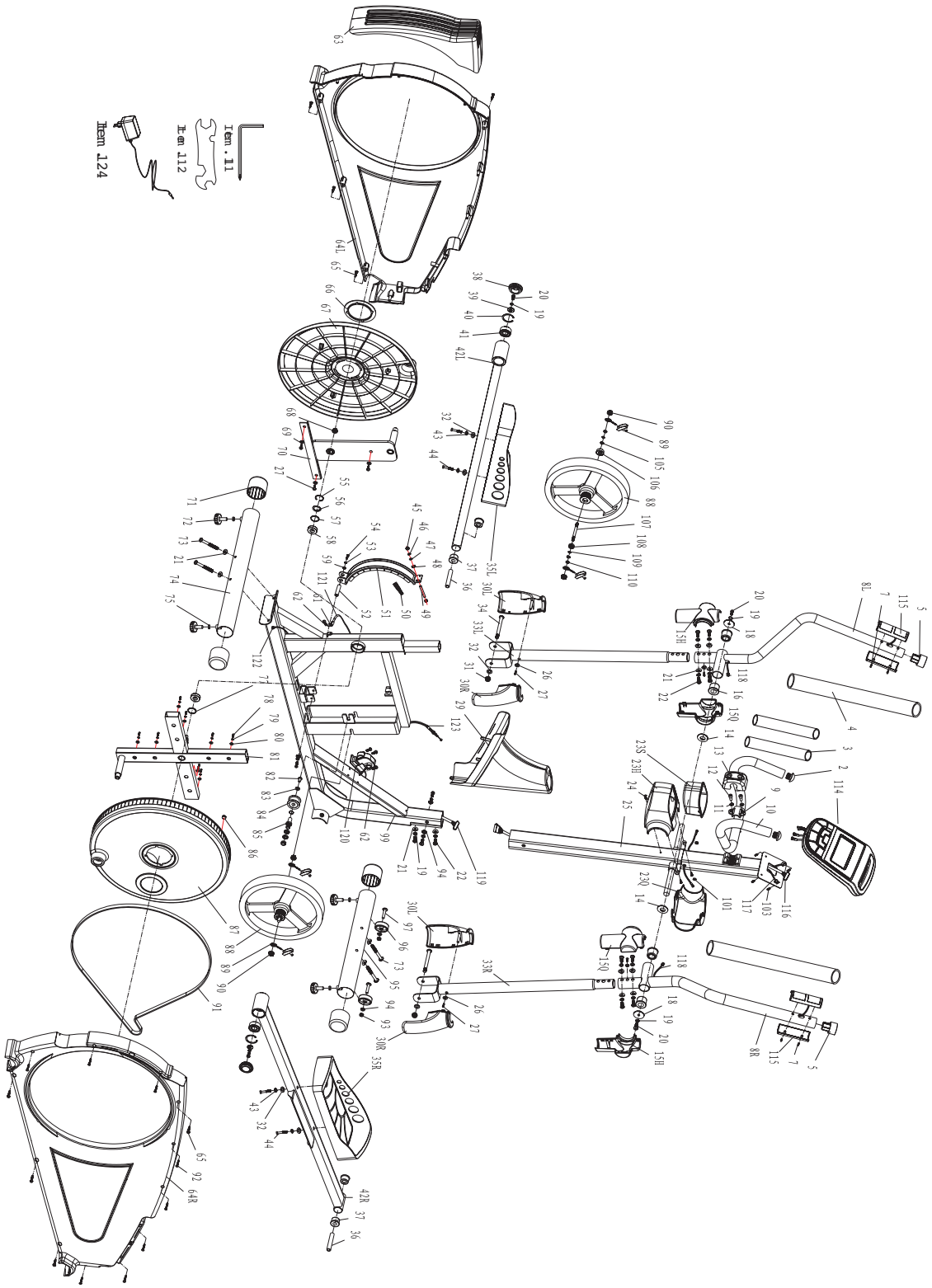


STEP 9

1) Remove the pre-assembled Screws (103) from the back of the Computer (114).
2) Join the upper Computer Cable (116) and Pulse Cables (118) with the Computer (114), put the Computer (114) onto the computer bracket and secure with 4 Screws (103).



EXPLODED VIEW DRAWING



BLADEZ

PARTS LIST

To order replacement parts: provide your customer service representative with the product model number and the part number located on the Parts List below, along with the quantity you require.

No.	Description	Qty		No.	Description	Qty
E500-2	End cap for fixed handlebar	2		E500-33L	Lower handlerbar (L)	1
E500-3	Handlebar foam	2		E500-33R	Lower handlerbar (R)	1
E500-4	Upper handlebar foam	2		E500-34	Allen bolt M10*97 6MM	2
E500-5	End cap for upper handlebar	2		E500-35L	Footplate (L)	1
E500-7	Self-tapping screw M3.5*25	4		E500-35R	Footplate (R)	1
E500-8L	Upper handlebar (L)	1		E500-36	Tube spacer ϕ14*78.5MM	2
E500-8R	Upper handlebar (R)	1		E500-37	Bushing 32*14 mm	4
E500-9	Steel cover for fixed handlebar Φ22 4T	1		E500-38	Crank end cap	2
E500-10	Fixed handlebar	1		E500-39	Washer 8*21*2T	2
E500-11	Spring washer	2		E500-40	C shape washer ϕ43.5	2
E500-12	Inner hex bolt M7*P1*30 6MM	2		E500-41	Bearing 2203RS	2
E500-13	Plastic cover for fixed handlebar	1		E500-42L	Side rail (L)	1
E500-14	Washer 19.5*38*2T	2		E500-42R	Side rail (R)	1
E500-15Q	Plastic cover for upper handlebar (F)	2		E500-43	Spring washer Φ10	4
E500-15H	Plastic cover for upper handlebar (B)	2		E500-44	Bolt M10*45	4
E500-16	Nylon bushing Φ19*38	4		E500-45	Nylon Nut M6	2
E500-18	Flat washer 8.5*38*3T	2		E500-46	Washer 6.5*19*1.5T	1
E500-19	Spring washer Φ8	16		E500-47	Plastic washer	1
E500-20	Anti-loose Allen bolt M8*20 6MM	4		E500-48	Nut M6	1
E500-21	Curved washer 8*19*1.5mm	14		E500-49	Bolt M6*80	1
E500-22	Allen bolt M8*20 6MM	12		E500-50	Spring	1
E500-23H	Water bottle holder (F)	1		E500-51	Magnet	1
E500-23Q	Water bottle holder (B)	1		E500-52	Axle Φ12	1
E500-23S	Water bottle holder	1		E500-53	Spring washer Φ6	2
E500-24	Screw M5*15	1		E500-54	Screw M6*16	2
E500-25	Handlebar post	1		E500-55	C shape washer Φ18	1
E500-26	Curved washer 6*16*1.5T	4		E500-56	Waved washer Φ20.5*25*0.5T	1
E500-27	Screw M4*15	9		E500-57	Washer 20*25*1	2
E500-29	Front protection cover	1		E500-58	Bearing 6004RS	2
E500-30L	Plastic cover for lower handlebar (L)	2		E500-59	Washer 6*13*1.5T	2
E500-30R	Plastic cover for lower handlebar (R)	2		E500-61	Sensor set	1
E500-31	Nylon nut M10	3		E500-62	Screw M5*15	4
E500-32	Washer 10*19*2mm	8		E500-63	Rear plastic cover	1

PARTS LIST CONTINUED

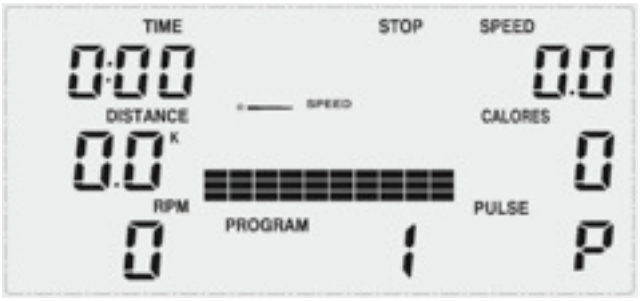
No.	Description	Qty		No.	Description	Qty
E500-64L	Chain cover (L)	1		E500-92	Screw M4.5*25	8
E500-64R	Chain cover (R)	1		E500-93	Nylon nut M8	2
E500-65	Screw M5*15	8		E500-94	Washer 8*19*1.5T	4
E500-66	Plastic cover	2		E500-95	Front stabilizer	1
E500-67	Round cover	1		E500-96	Wheel	2
E500-68	Nut M10*1.25	1		E500-97	Allen bolt M8*40	2
E500-69	Washer 5*16*2	3		E500-99	Main Frame	1
E500-70	Crank (L)	1		E500-101	End cap for cable hole	2
E500-71	Rear and front end cap	4		E500-103	Screw M5*12	4
E500-72	Adjustable knob	4		E500-105	Curved washer Φ10* Φ15*0.3T	3
E500-73	Allen bolt M8*70 6MM	4		E500-106	Bearing 6300 RS	1
E500-74	Rear stabilizer	1		E500-107	Flywheel axle Φ10*110MM	1
E500-75	Nut M10	4		E500-108	Bearing 6000 RS	1
E500-77	Washer 20*25*2	2		E500-109	C shape washer Φ9	2
E500-78	Screw M5*25	8		E500-110	Nut M10*1.25*4T	2
E500-79	Spring washer Φ5	8		E500-111	Allen key wrench	1
E500-80	Washer 5*20*2	8		E500-112	Screw driver	1
E500-81	Crank (R)	1		E500-114	Monitor	1
E500-82	Screw M6*12	1		E500-115	Handle pulse pads	2
E500-83	Washer 6*13*1T	1		E500-116	Upper computer cable 1100MM	1
E500-84	Idler wheel	1		E500-117	Hand pulse cable 750MM	2
E500-85	Axle for idler wheel Φ10*41.5	1		E500-118	Pulse cable 500MM	2
E500-86	Magnet	1		E500-119	Lower computer cable 500MM	1
E500-87	Belt wheel	1		E500-120	Motor	1
E500-88	Flywheel	1		E500-121	Sensor 1100MM	1
E500-89	Belt adjustable set	2		E500-122	DC cable 1100MM	1
E500-90	Nut M10*1.25	2		E500-123	Tension cable	1
E500-91	Belt 752J6	1		E500-124	Adapter	1

CONSOLE OPERATIONS

PROGRAMS:

Manual Program: Manual

PROGRAM 1 is a Manual Program. Press "ENTER" key to select TIME, DISTANCE and CAL. Then, Press "UP(+)" or "DOWN(-)" key to adjust the values. After pressing the "START" key to exercise, please also apply the heart rate detector appropriately. Users may exercise in any desire level by pressing "UP(+)" or "DOWN(-)" during the workout with a period of time or a specific distance.



Program 1 (Manual)

Preset Programs: Rolling, Valley, Fat Burn, Ramp, Mountain, Intervals

PROGRAM 2 to PROGRAM 7 is the preset program. Press “ENTER” key to select TIME, DISTANCE, and CAL. Then, Press "UP(+)" or "DOWN(-)" to adjust the values. Users may exercise with different levels of resistance in different intervals as the profiles show. After pressing "START" key to exercise, please also apply the heart rate detector appropriately. Users may also exercise in any desired level by pressing "UP(+)" or "DOWN(-)" during the workout with a period of time or a specific distance.

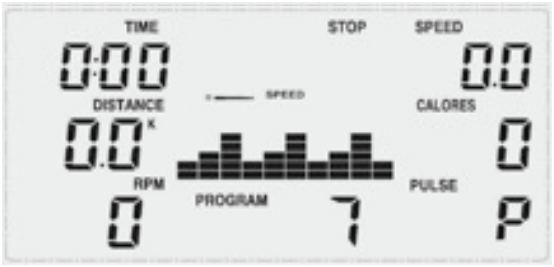
Program 2 (Rolling)

Program 3 (Valley)

Program 4 (Fat Burn)

Program 5 (Ramp)

Program 6 (Mountain)



Program 7 (Intervals)

User Settings: Program 8

Users are free to edit the values in the order of TIME, DISTANCE, CAL, and the level of resistance in 10 intervals. The values and profiles will be stored in the memory after setup. Users may also change the ongoing resistance in each interval by increasing"+" or decreasing "-" This will not change the level of resistance stored in the memory.

Program 8 (User Settings)

Speed Independent Program: Watt Control

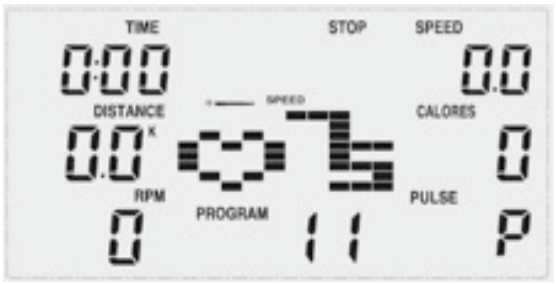
Program 9 is a Speed Independent Program. Press the "ENTER" key to select the values of TIME, DISTANCE, and WATT. Then, Press "UP(+)" or "DOWN(-)" to adjust the values. After pressing the "START" key to exercise, please also apply the heart rate detector appropriately. During the exercise, the level of resistance is not adjustable. In this program, the computer will adjust the level of resistance according to the value of the WATT setup. For example, the level of resistance may increase while the speed is too slow. Also, the level of loading may decrease while the speed is too fast. As a result, the calculated value of WATT will be close to the value of WATT set by users.

Program 9 (Watt Control)

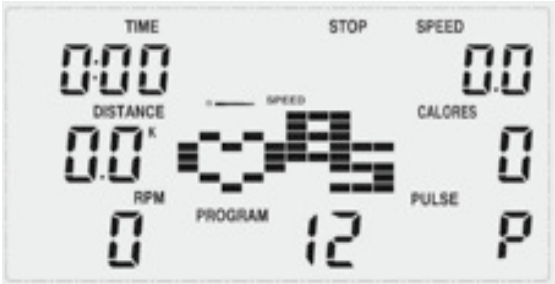
Heart Rate Control Programs: 60% H.R.C. (Heart Rate Control Program), 75% H.R.C., 85% H.R.C.

Program 10 to Program 12 are the Heart Rate Control Programs. In Program 10 to Program 12, press the "ENTER" key to select TIME, DISTANCE, CAL, AGE, and TARGET H.R. Then, Press "UP(+)" or "DOWN(-)" to adjust the values. Users may exercise in a period of time or a certain distance with 60% Max Heart Rate in Program10, 75% Max Heart Rate in Program 11, and 85% Max Heart Rate in Program 12. After pressing the "START" key to exercise, please apply the heart rate detector appropriately. You can also choose the Target H.R. workout program under these 3 main programs. Users may set a target heart rate to exercise in a period of time, or for a specific distance. In these programs, the computer will adjust the level of resistance according to the heart rate detected. For example, the level of resistance may increase while the heart rate detected is lower than TARGET H.R. Also, the level of loading may decrease while the heart rate detected is higher than TARGET H.R. As a result, the user's heart rate will be adjusted close the TARGET H.R. in the range of TARGET H.R. –5 and TARGET H.R. +5.

Program 10 (60% H.R.C.)



Program 11 (75% H.R.C.)



Program 12 (85% H.R.C.)

Body Fat Program: Body Fat Measurement

Program 13 is a special program designed to calculate users' body fat ratio, and designs a specific resistance profile for users. With 9 different body types, the computer can generate 9 different profiles. Press the "ENTER" key to select GENDER, HEIGHT, WEIGHT, and AGE. Press "UP(+)" or "DOWN(-)" to adjust the values. After pressing the "START" key to calculate body fat, please apply the heart rate detector appropriately. If the detector cannot pick up a signal, an error message "E3" will show up in the profile display. If that happens, press the "START" key to calculate again. Then, the calculation values of FAT%, BMR, BMI, and a designed profile will show shortly.

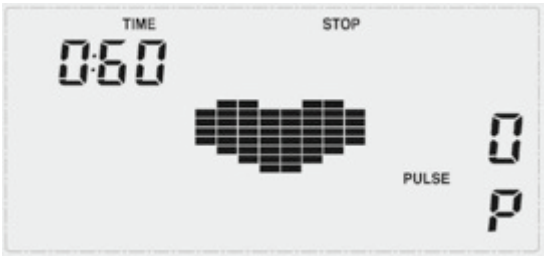
Program 13 (Body Fat)

Body Fat Program: Body Fat Measurement

Fitness Test: Press the Pulse Recovery Button

The fitness grade is for personal orientation and compares the pulse rate before and after training. You will notice that your fitness will improve when exercising regularly.

- Press the pulse recovery button directly after a training session.
- Hold your hands on the pulse connections or leave the chest transmitter attached.
- Time will count down from 60 to 0 seconds.
- Your personal fitness grade appears (F1.0 – F6.0) on the display.



F1.0 = Excellent **F2.0 = Good** **F3.0 = Fair** **F4.0 = below average**
F5.0 = No Good **F6.0 = Poor**

PROGRAM INTRODUCTION

Power: This model has been supplied with a power adapter. The specification for the adapter is 9V/1A.

Auto on: Press any button or begin pedaling to automatically turn on the computer. If part of the display malfunctions, check the power adaptor and all connections.

Auto off: If the equipment is left idle for 4 minutes the monitor will turn off automatically.

KEY FUNCTIONS

START: Press this button to start exercising. Reset the monitor by pressing and holding for 4 seconds.

STOP: Press this button to pause exercise.

PULSE RECOVERY: Press this button to enter the Fitness Test. The ranking of the test is from F1.0 to F6.0.

USER: Press this button to input Personal Data.

ENTER: 1) During the program selection function, press the "ENTER" button to confirm the program you would like. 2) During the Set Up Mode, press the "ENTER" button to confirm the value you would like to setup.

UP(+) or DOWN(-): 1) Press "UP(+)" or "DOWN(-)" button to select the program for Manual, Rolling, Valley, Fat Burn, Ramp, Mountain, Intervals, User Setting Profile, Watt Control, 60% H.R.C. (Heart Rate Control Program), 75% H.R.C., 85% H.R.C., to Body Fat Test. 2) Press the "UP(+)" or "DOWN(-)" button to increase, or decrease, the setting value of Time, Distance, Calories, Height, Weight, Age, Sex, and TARGET H.R. 3) During the Start Mode, press the "UP(+)" or "DOWN(-)" button to increase, or decrease, the resistance level.

BODY FAT: Press this button for the Body Fat measure (Program 13 Body Fat).

PROGRAM

Press this button to advance to a program. You can select the program for Manual, Rolling, Valley, Fat Burn, Ramp, Mountain, Intervals, User Setting Profile, Watt Control, 60%

H.R.C. (Heart Rate Control Program), 75% H.R.C., 85% H.R.C. All the exercise data of Time, Distance, Calories and Pulse will reset to zero.

OPERATION INSTRUCTION

Plug in the adaptor into the equipment. The monitor will produce a beep sound and the monitor will turn on

Determine the User (Only While in the STOP Mode.)

1. Press the User button to goto the USER DATA, only can use on the stop mode.
2. Press "ENTER" for the USER SELECT.
3. Press the "UP(+)" or "DOWN(-)" button to select the User from U1 to U4.
4. Press "ENTER" to decide the User.
5. Press the "UP(+)" or "DOWN(-)" button to set your height, and then press the "ENTER" to confirm your setting value.
6. Press the "UP(+)" or "DOWN(-)" button to set your weight, and then press "ENTER"to confirm your setting value.
7. Press the "UP(+)" or "DOWN(-)" button to select your age, and then press "ENTER" to confirm your setting value.
8. Press the "UP(+)" or "DOWN(-)" to select your sex, and then press "ENTER" to confirm you are M (male) or F (female).

Finish the user data input. Program select and setting value.

C-1 MANUAL PROGRAM

- Press the "UP(+)" or "DOWN(-)" button to select the Manual program, Press the "ENTER" button to confirm the manual program.
- The Time display will flash, and then press "UP(+)" or "DOWN(-)" to set up the desired time for the exercise. Press "ENTER" button to confirm your setting value.
- The Distance display will flash, then press "UP(+)" or "DOWN(-)" button to set the desired distance value. Press "ENTER" button to confirm your setting value.
- The Calories display will flash, and then press "UP(+)" or "DOWN(-)" button to set the desired calories to be burned. Press the "ENTER" button to confirm your setting.
- Press "START" to begin exercise.

Note: 1) Time and distance cannot set up at the same time in this program. 2) When you reach the target, the monitor will produce a beep sound and stop. 3) If you set more than one target, and you would like to reach next target, press START to exercise again.

C-2 PRESET PROGRAM: ROLLING, VALLEY, FAT BURN, RAMP, MOUNTAIN, INTERVALS PROGRAM

- Press "UP(+)" or "DOWN(-)" to select one of the above programs, Press the "ENTER" button to enter this program value.
- The Time display will flash, and then press the "UP(+)" or "DOWN(-)" button to set the desired time the exercise. Press the "ENTER" button to confirm your setting value.
- The Distance display will flash, then press "UP(+)" or "DOWN(-)" button to set up the desired distance value. Press the "ENTER" button to confirm your setting value.
- The Calories display will flash, then press the "UP(+)" or "DOWN(-)" button to set the desired calories to be burned. Press the "ENTER" button to confirm your setting.
- Press the START button to begin exercising.

Note: 1) Time and distance cannot set at the same time in this program. 2) When you reach the target, the monitor will produce beep sound and then stop. 3) If you set more than one target, and you would like to reach next target, press start to exercise again.

C-3 USER SETTING PROFILE

- Press "UP(+)" or "DOWN(-)" button for USER PROFILE.
- Press the "ENTER" button to enter this program.
- The Time display will flash, then press the "UP(+)" or "DOWN(-)" button to set the desired time to exercise. Press the "ENTER" button to confirm your setting value.
- The Distance display will flash, then press the "UP(+)" or "DOWN(-)" button to set the desired distance value. Press "ENTER" button to confirm your setting value.
- The Calories display will flash, then press the "UP(+)" or "DOWN(-)" button to set the desired calories to be burned. Press the "ENTER" button to confirm your setting value.
- Column 1 will flash, then press the "UP(+)" or "DOWN(-)" button to create your personal exercise profile.
- Press the "ENTER" button to confirm your first column for your exercise profile.
- Column 2 will flash, and then press the "UP(+)" or "DOWN(-)" button to create your personal exercise profile.
- Press the "ENTER" button to confirm the second column of your exercise profile.
- Follow the above descriptions to finish your personal exercise profile.
- Press the START button to begin exercising.

Note: 1) Your personal exercise profile will be stored in the memory of the monitor. 2) Time and distance cannot be setup at the same time in this program. 3) When you reach the target, the monitor will produce a beep sound and then stop. 4) If you set more than one target, and you would like to reach next target, press START to exercise again.

C-4 WATT CONTROL PROGRAM.

- Press the "UP(+)" or "DOWN(-)" button to select the WATT control program.
- Press the "ENTER" button to choose the Manual program.
- The Time display will flash, then press the "UP(+)" or "DOWN(-)" button to set the desired time to exercise. Press the "ENTER" button to confirm your setting value.
- The Distance display will flash, then press the "UP(+)" or "DOWN(-)" button to set the desired distance value. Press the "ENTER" button to confirm your setting value.
- The Calories display will flash, then press the "UP(+)" or "DOWN(-)" button to set up the desired calories to be consumed. Press the "ENTER" button to confirm your setting value.
- The WATT display will flash, then press the "UP(+)" or ”DOWN(-)” button to set the WATT for the exercise. Press the "ENTER" button to confirm your setting value.
- Press the START button to begin exercise.

Hint: WATT = TORQUE (KGM) * RPM *1.03. In this program, the WATT value will keep constant value. It means that if you pedal quickly, the load will decrease, and if you pedal slowly, the load will increase. Always try to keep in the same WATT value.

Note: 1) Time and Distance cannot be set at the same time in this program. 2) When you reach the Target, the monitor will produce a beep sound and then stop. 3) If you set more than one target, and you would like to reach next target, press START to exercise again.

C-5 HEART RATE CONTROL PROGRAM: 60% H.R.C., 75%H.R.C., AND 85% H.R.C.

- Press the "UP(+)" or "DOWN(-)" button to select one of the Heart Rate Control programs, the press the "ENTER" button to confirm your choice.
- The Time display will flash, then press the "UP(+)" or "DOWN(-)" button to set up the desired time you want to exercise. Press "ENTER" to confirm your setting value.
- The Distance display will flash, then press the "UP(+)" or "DOWN(-)" button to set the desired distance value. Press the "ENTER" button to confirm you setting value.
- The Calories display will flash, then press the "UP(+)" or "DOWN(-)" button to set up the desired calories to be burned. Press the "ENTER" button to confirm your setting

value.

- The Age display will flash, then press the "UP(+)" or "DOWN(-)" button to select your age. Press the "ENTER" button to confirm your setting value.
- The T.H.R. (Target Heart Rate) display will flash. Please check that the number is suitable for you. If you do not want to use this value for your target, you can press the "UP(+)" or "DOWN(-)" button to set the desired Target Heart Rate you would like to keep during your exercise.
- Press the START to begin exercise.

Note: 1) Time and Distance cannot be set at the same time in this program. 2) When you reach the target, the monitor will produce a beep sound and then stop. 3) If you set more than one target, and you would like to reach next target, press START to exercise again.

C-6 BODY FAT MEASUREMENT

- Press the"UP(+)" or "DOWN(-)" button to select BODY FAT TEST program, then press the "ENTER" button to confirm your choice.
- The HEIGHT display will flash, then press the "UP(+)" or "DOWN(-)" button to set your height. Press the "ENTER" button to confirm your setting value.
- The weight display will flash, then press the "UP(+)" or "DOWN(-)" button to select your weight. Press the "ENTER" button to confirm your setting value.
- The AGE display will flash, then press the "UP(+)" or "DOWN(-)" button to select your age. Press the "ENTER" button to confirm your setting value.
- The gender display will flash, then press the "UP(+)" or "DOWN(-)" button to select your gender. Press the "ENTER" button to confirm your setting value.
- Press the START button to begin body fat measurement.
- To quit this program, press the "UP(+)" or "DOWN(-)" button to select your desired program.

NOTE: The personal data will recall from USER SETTING DATE. If the data is correct, press the "ENTER" button to confirm the values. In this program, your personal data will not store in our memory. If you need to change your personal data, please press the USER button to change your personal information.

THINGS YOU SHOULD KNOW BEFORE EXERCISING

A. The values calculated, or measured by the computer, are for exercise purpose only, not for medical purposes.

B. The Variables may need to change in the Programs:
The pre-set data will begin to count down after you start pedaling. Once a pre-set has been reached, the computer will beep and end the training program.

C. Body Types: There are 5 body types divided, according to the FAT% calculated. Type 1 is from 5% to 14%. Type 2 is from 15% to 24%. Type 3 is from 25% to 29%. Type 4 is from 30% to 39%. Type 5 is from 40% to 50%.

D. BMR: Basal Metabolic Rate (metabolism) is the energy (measured in calories) expended by the body at rest to maintain normal bodily function.

E. BMI: BMI means Body Mass Index, which is used for body shape adjustment.

Programs	Variables
P1 ~ P7	TIME, DISTANCE, CAL
P8	TIME, DISTANCE, CAL, 10 Intervals
P9	TIME, DISTANCE, CAL, WATT.
P10 ~ P12	TIME, DISTANCE, CAL, AGE, TARGET HR
P13	HEIGHT, WEIGHT, AGE, GENDER

MAINTENANCE AND CLEANING

Care has been taken to assure that your equipment has been properly adjusted and lubricated at the factory. It is not recommended that the user attempt service on the internal components. Instead, seek service from an authorized service center. However, you may clean the outer surface. Use a soft cloth, dampened with warm water. Do not use aerosol sprays or pump bottles as they may deposit sediments upon the console surface. The use of harsh chemicals will destroy the protective coating and cause a static build-up that may damage the some of the components.

WARRANTY

LIMITED RESIDENTIAL WARRANTY

Bladez Fitness will repair or replace, free of charge, at its option, parts that are defective as a result of material or workmanship. Lifetime replacement warranty coverage on frame and one (1) year on other parts. Labor warranty coverage 90 days. Warranty covers the original consumer purchaser only.

THIS WARRANTY DOES NOT COVER

- Pre-delivery set-up.
- Components that require replacement due to dirt or lack of regular maintenance.
- Expendable items which become worn during normal use.
- Repairs necessary because of operator abuse or negligence or the failure to operate and maintain the equipment according to the instructions contained in the Owner's Manual.

For more detailed warranty information or to register your product warranty easily online, visit our website at: **www.BladezFitness.com**

FOR WARRANTY REPAIRS, PLEASE DO NOT TAKE YOUR MACHINE BACK TO THE RETAIL STORE. CONTACT BLADEZ FITNESS FIRST.

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